

Tucson Challenge 2006



A Year of Lifestyle Activity: 52 Creative Ways to Increase Lifestyle Physical Activity

1. Carry in groceries one bag at a time
2. Keep the remote on the top of the TV.
3. Walk around the house or clean something during commercials and while on the phone
4. On the job, walk around the building every hour
5. Boogie while you clean!
6. Take the dogs for more short walks
7. Walk to the "further" bathroom at work and answer the "further" phone
8. Wash your car instead of taking it to the car wash
9. Walk everywhere within a mile radius
10. Walk around park at lunch
11. Walk to exercise class instead of drive
12. Hang laundry on clothesline
13. Wash windows inside and out
14. Vacuum an extra time each week
15. At work, arrange to have walking meetings
16. Walk your neighbor's dog
17. When out of town, walk from hotel to activity/event rather than take taxi
18. Do stretches with co-workers three times a day-"stretch breaks"
19. Jump rope at rest areas when traveling by car long distance
20. Do leg stretches while standing in line and while sitting
21. Get to appointments 5 minutes early and walk around the parking lot
22. Rearrange the furniture in your house
23. Find a handsome man at the mall and follow him!
24. Go to a do-it-yourself car wash and try to beat the time given to wash your car
25. Don't use a shopping cart when you buy 20lb of dog food
26. Walk on treadmill or stair stepper while watching TV or talking on phone
27. Take five minute breaks every hour or two to climb stairs or walk a lap around your office
28. Ride bicycle or walk to work or park ½ mile away from work, walk/ride the rest
29. Fill your grocery cart in alphabetical order
30. Park further away from the store front and on tops of parking garages
31. Do stadium steps at games at halftime and stand up and cheer A LOT!
32. Walk to different departments at work rather than calling or sending emails
33. When grocery shopping, leave the cart at the end of the aisle so you can walk more
34. Walk up two flights of stairs before walking down or add a flight of stairs to your day
35. Take the trash out to a dumpster farther away
36. Laugh more
37. Pace while you wait for appointments
38. Move your legs, squeeze your buttocks and abdominal muscles and sit up straight while at your desk
39. Squat while using the restroom
40. Park behind Price Club and walk to the front of the building
41. Make as many trips to the filing cabinet as possible
42. Water plants with a small container so you have to constantly refill it
43. Pay bills one at a time, take each one individually to the mailbox
44. Walk guests back to their car after a meeting
45. Dance while sorting laundry
46. Hike or walk with family on weekends
47. Go out dancing
48. Re-paint your walls
49. Carry out recycle stuff right away, instead of piling up for 1 trip
50. March in place during commercials or while on the phone
51. Get off the bus two stops before your destination
52. Walk the sidelines when at children's games

